



## 2015 started off with a Bang!

We attended the New Year's Eve Red Road Pow Wow. It was great to see everyone come out for an event that promotes sobriety and the wellness of our people. Thank you so much Mischelle L., Miami L., Nicole W., Gabby C., and everyone who volunteered at the FAIHP booth to let other Natives know about the strong support and services at FAIHP. We look forward to all the good work the community will do this year!



people, can keep advancing the Healing Movement that is happening across Indian Country today.

CAB meetings started in 2012 as a part of a three-year Substance Abuse and Mental Health Services Administration (SAMHSA) grant, Circles of Care, and will continue on for Fresno American Indian Health Project and our Native community to stay connected by making sure that the services provided are what is needed for our community. This is supported by the granting of Systems of Care in 2014.

### Community Advisory Board

Here is an excerpt of the mission statement for the group; it was put together with the input of many community members who have attended these meetings:

The Community Advisory Board(CAB) meetings focus on how we as a community can empower a positive and healthy way of living, through our culture and also informing the community of any resources that can meet the needs, whether it be events, cultural gatherings, or even just learning more about our Native traditions. We feel that our Native community is well spread throughout the Central Valley and the CAB meetings is a place where we, as Natives, can come together and have a voice to express ourselves about the daily challenges that we face and how our community can overcome them. The CAB meetings also give you a chance to get to know more about the people who are in our Native community and learn how important it is to make those bonds so we, as a

*The next meeting will be Monday, January 26th at 10 a.m. Please join us, as we will have a community training on the Systems of Care grant as well as discuss past and future community events.*

*Special thanks to Marsha at California Indian Manpower Consortium for presenting at the December CAB meeting, everyone at the meeting had the opportunity to learn more about the services provided at CIMC.*



Follow Us on:



We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

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## Youth News & Events!

As we end 2014 and come into 2015 here at the Clubhouse, We would like to take this time and share some of the events, experiences and growth that the kids have made this past year. There has been so many that have made a positive impact on the kids as well as our Native Community.

In the first half of 2014 the kids had a chance to be a part of an Education Conference/Basketball tournament, which was held on the campus of UCLA where they demonstrated their skills on and off the court.



During October Women's Professional Basketball star Shoni Schimmel came to Santa Rosa Rancheria Tachi Tribe to embrace the Native kids in our community for a Basketball Clinic and Clubhouse kids were invited to learn about Basketball but more important how sports teaches our kids dedication and values. They also got a chance to meet Shoni Schimmel, something that the kids will never forget!



Youth were able to attend a trip to Cat Haven by Project Survival. It is an innovative park for big cats preservation as well as their native wildlife habitat. They enjoyed the day learning fun facts about wildlife and expanding their minds beyond the city limits.

Clubhouse also had the pleasure of going to Scout Island where the kids were exposed to the resources of the preserved natural area and got to experience nature through hands on activities such as canoeing. The kids had a blast.



Another eventful trip of the first half of 2014 was the chance to take one of the families of the kids from Clubhouse to the California Indian Education Conferences in Santa Rosa, CA. Those were just some of the highlights of the first half of 2014.

Going into the second half 2014 and after another successful week long GONA the kids had returned back to school but not before our annual Clubhouse



Back to School day, which we were able to provide backpacks and school supplies to help get them ready for another school year.

The kids at Clubhouse are so dedicated to our programs that they were even willing to volunteer their time for our annual Parking lot Fundraising where we supply parking for the Fresno State Football Home Games. These activities give the kids a chance to bond and get to know each other in a positive environment while giving back to their community.

In the Fall we celebrated another great turnout for our annual Harvest Fair. The kids got a chance to bring their families and to enjoy the fun activities such as face painting, taking Halloween family portraits and more. It was a very special day and we can't wait for the next one.

The youth attended the annual Veterans Day Memorial Parade, which we were blessed to be able to provide a float for all the kids and their families to celebrate our Veterans.



Clubhouse also had the honor of ending 2014 with our two big ClubWISE events. The youth and elders along with their families attended together and created relationships while bridging the generation gap. At the ClubWISE events the youth and elders participated in activities together, gifts were made and exchanged; wise words were shared along with a warm meal.



2014 was a great year at Clubhouse, as the youth coordinator I feel very honored and privileged to have the opportunity to work with all of the youth on a daily basis. I am very proud to be part of each and every one of the youths lives. They are showing tremendous growth each and every day. I would like to say thank you to all the youth and their families for being part of Clubhouse and keep up the good work! Clubhouse is excited and looking forward to another great year in 2015!

*Paula*



# HEALTHY BAKING SUBSTITUTIONS

*With these substitutions, you can enjoy your favorite baked goods with less guilt by reducing fat and sugar and making them healthier and heartier.*



## Eggs

- Use two egg whites for every one egg in the recipe.
- Flax seed meal: Whip one teaspoon flax seed with  $\frac{1}{4}$  cup water for each egg to be replaced. This will give you heavier and more dense baked goods. This is best used for oatmeal cookies, waffles, pancakes, breads, bran muffins.
- Silken tofu: replace  $\frac{1}{4}$  cup whipped silken tofu for each egg, this will make baked goods moist and heavy. This is best used for breads, cookies, brownies, and rich and dense cakes.

## Flour

- For brownies, substitute one cup of pureed black beans for one cup of flour.
- For any type of baking, use whole wheat flour! This also adds extra fiber and helps aid with digestion.

## Oils and Butter

- Replace HALF the amount of butter with avocado. For example, if the recipe calls for one cup of butter, use  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup avocado. Make sure the avocado is soft and mash or puree until smooth, with NO chunks! (For brownies and chocolate cookies, you can replace ALL of the butter with pureed avocado!)
- Replace the amount of oil with applesauce!
- Used one cup of mashed banana as a replacement for one cup of butter or oil

## Sugar

- For cookies, cakes, and sweet breads, replace sugar with stevia powder. For every cup of sugar, use 2 tablespoons of stevia.
- Add  $\frac{1}{2}$  teaspoon of vanilla extract for every  $\frac{1}{2}$  cup of sugar substitute used in a recipe to enhance flavor. For the best quality and flavor, choose pure vanilla extract.

<http://greatist.com/health/healthy-baking-recipe-substitutions-infographic>

<http://www.diabeticlivingonline.com/food-to-eat/nutrition/healthy-baking-sugar-substitutes?page=2>

## NEW YEAR – NEW ME

*I think the saying goes: “Healthy, Wealthy and Wise.” Do these sound like your resolutions for the New Year?? Most of us make a resolution about this time, or see January as a new start and usually make some commitment for making their lives or the lives of others better in some way. Here are just a few ideas to get you started;*

- **Get your yearly FLU VACCINE!** It's not too late to take that step to prevent the flu in yourself and prevent the spread to others
- **Drink more WATER!** It really is true that 6 to 8 glasses a day is recommended. Our bodies are made up of mostly water; we have to replenish those cells to help them function at their best. Coffee, tea, alcohol and sodas actually cause your body to get rid of the water it already has (diuretic).
- **Get your SLEEP on!** It has been proven that 8 hours a night is best, just like your mother said. Lack of sleep often leads to increase in stress levels, difficulty in losing weight and poor work/school attention.
- **Fresh Air!** Ahhhh it's a “breath of fresh air” and a good deep breath feels so good. Go outside breath deep when the air is clear, it will almost always lift your spirits, and refresh your mind and body.
- **Generosity, “pay it forward”** it actually does wonder for our spirit. Did you know that when you do a generous act “feel-good” chemicals are



released in your body?? Your stress level goes down and you have a higher sense of self-worth, pride and accomplishment!

- Of course **EXERCISE** is a necessity. Keep moving, do something for 10 minutes 3 times a day, or all at once for 30 minutes. Chair exercises if you can't get out and walk. Any movement that increases your heart rate for 10 minutes or more is your goal. (Not so bad is it...)
- **Please STOP SMOKING.** It's not going to be easy, it will take time, but you can do it! There are so many reasons not to smoke, and I will bet you can name a few.
- **5 a day.** 5 servings of FRUITS and VEGETABLES a day will help keep the doctor away! If it's good for our kids it's good for us. It's as easy as a cup of tomato soup, a glass of orange juice, an apple or a pear...yummmm.

**So, what are you commitments for the New Year 2015 going to be?**



# 2014 WAS AN AMAZING YEAR

CBANS would like to take this time to thank those who have been a part of all the countless events and activities. CBANS started strong, creating and maintaining partnerships with our local community and nearby Rancherias. This year has been very eventful and equally rewarding with all the outreach and activities throughout the months. It has been a great honor to be a part of this thriving and very proud Native community!



It has been an awe-inspiring journey working with our native elders and being able to provide the time and support allowing them to make new connections and embrace the local Native community. FAIHP Clubhouse and CBANS have been working diligently on providing a warm and welcoming



environment for our elders to come share their wisdom and cheer with our youth. ClubWISE has been a great opportunity for our families to get together and enjoy each other's company, while learning from our elders and each other. CBANS and FAIHP Clubhouse will be continuously working to provide this time for our youth and elders in the New Year.



The Fresno WISE had an excellent year taking great strides and coming together creating opportunities for fundraising, special events and all around support. Last spring our elders were blessed with the opportunity of going

to gather Sage. It was a memorable time for all and very spiritual affair for those that participated. CBANS will strive to carry on and provide these experiences for our elders.

CBANS is looking forward to this New Year, and is dedicated to supporting, educating, maintaining and creating new connections with, and for the Native community. With support and creativity CBANS will continue to promote mental wellness and all around healthy habits.



**WISE Support Group: TBA Call for details**  
**Stress Management: TBA Call for details**  
**Tues.Tea: Twice a month TBA Call for details**  
**Wellbriety: Weds at 7:00pm - 9:30pm**

Times and Dates are Subject to change Please call Ruben Garcia at (559) 320-0490



# MSPI NEWS

*As 2014 has come to an end, we wanted to reflect on some of the accomplishments from the year! Through collaboration with Clubhouse, there were many youth prevention programs including Daughters of Tradition and programs using the American Indian Life Skills and Anger Management. These programs helped youth learn how to embrace their future by making positive choices.*

## Conferences

Teen youth were able to attend conferences this year in different areas of the country. They had the opportunity to travel to new places, meet other Native youth, experience new things, and open their minds to set goals for themselves. Youth traveled to Los Angeles, Denver, and Washington D. C.



## Youth Council

The Youth Council had many accomplishments this year including their adaptations to the Personal Balance Tool (a strengths-based evaluation tool for youth) and creating public service announcements. Youth came up with the slogan "I'm Still Me" which was an anti-bullying campaign to promote acceptance of all Native youth. They also created the slogan "There's Always Help, Hope, and Happiness" to remind friends and family that no matter what they might be going through, it's okay to let others know so that they can seek help. The Youth Council has gotten a lot stronger in their personal relationships; they genuinely want to do good, trust, and support one another.



## GONA



GONA 2014 was in July at Camp Sierra. There were a total of 70 youth who attended the 5-day camp! Native teen youth were able to feel comfortable with others, take part in traditional activities, and try new recreational activities. Most importantly, they acknowledged their spiritual well-being and felt a sense of connectedness. This gathering was a testament to how our community was able to come together to make a difference for our Native youth.

## SAVE THE DATE For the 2015 GONA July 13-17

*It's been amazing seeing how much these youth have grown this year. We look forward to what 2015 will bring!*



## JANUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 New Year's Day	2	3
			Office Closed			
4	5 JUST WALK 11-12PM at Manchester Mall	6	7 Exercise Class 11-12  Wellbriety 7:00-9:30pm	8  Fresno WISE 12-2pm	9	10
11	12  JUST WALK 11-12PM at Manchester Mall	13	14 Exercise Class 11-12  Wellbriety 7:00-9:30pm	15  Diabetes Class 1pm-3pm	16	17
18	19 ML King Day  Office Closed	20	21 Exercise Class 11-12  Wellbriety 7:00-9:30pm	22  Fresno WISE 12-2pm	23	24
25	26 Community Advisory Meeting 10-12  JUST WALK 11-12PM at Manchester Mall	27	28 Exercise Class 11-12  Wellbriety 7:00-9:30pm	29	30	31
1	2 Groundhog Day   JUST WALK 11-12PM at Manchester Mall	December 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		February 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		

## FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day  JUST WALK 11-12PM at Manchester Mall	3	4  Exercise Class 11-12  Wellbriety 7:00-9:30pm	5	6	7
8	9  JUST WALK 11-12PM at Manchester Mall	10	11  Exercise Class 11-12  Wellbriety 7:00-9:30pm	12 Lincoln's B-Day  Fresno WISE 12-2pm	13	14 Valentines Day
15	16 Presidents' Day  Office Closed	17	18  Exercise Class 11-12  Wellbriety 7:00-9:30pm	19 Chinese New Year  Diabetes Class 1pm-3pm	20	21
22	23 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	24	25  Exercise Class 11-12  Wellbriety 7:00-9:30pm	26  Fresno WISE 12-2pm	27	28
1	2	3	4	5	6	7
8 Daylight Saving	9	January 2015 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		March 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

All events are subject to change. Please call for more info (559)320-0490



# FAIHP

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**Follow Us on:**



## Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or by logging on our website & utilizing the PayPal "donate" link.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DONATION AMOUNT: \_\_\_\_\_

**Please make all checks payable to:**

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

### **Our services include:**

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

### **OUR BOARD OF DIRECTORS**

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